



#GROWING TOGETHER



Swansea University
Prifysgol Abertawe



You are being invited to take part in some research. Before you decide whether or not to participate, it is important for you to understand why the research is being conducted and what it will involve.

Please read the following information carefully.

What is the purpose of the research?

We are conducting research on the effect Growing Together has on volunteer's well-being. The purpose of the study is to examine how growing plants, volunteering and being part of a community can impact on participants well-being.

Your participation in the study will take approximately:

10 mins to complete a short questionnaire at the start of the project in Spring. You will then complete a similar questionnaire again in the Summer and at the end in early Autumn.

You will need a small amount of regular time to grow and water your plants. You can also spend time on our volunteering community Facebook group (access is by invitation only).

Who is carrying out the research?

Biophilic Wales is carrying out this study in partnership with Swansea University. The data is being collected by Hannah Lewis and Matt Purnell, Department of Psychology, College of Human and Health Sciences, Swansea University, supervised by Dr Luke Jefferies Lecturer, Department of Psychology, College of Human and Health Sciences, Swansea University.



What happens if I agree to take part?

We will ask you to complete a well-being questionnaire; in this, you will be asked to assess how you presently feel in regard to your well-being. You will then be sent a pack of native Welsh wildflower seeds in the post and asked to grow these.

While the plants are growing, you will be asked again to complete the questionnaire to assess your well-being. Once the plants have grown, you will be asked to complete the questionnaire a final time. Additionally, we will ask for some background information including your experience of gardening and the time you spend in outdoor environments.

You will also be invited to join our online Growing Together volunteer community (a closed Facebook group), where everyone can share their experiences and pick up some tips for wildlife friendly growing. After your plants have flowered, you'll be invited to collect the seeds, which you can return to us, if you wish NHS sites to benefit from these seeds.

Are there any risks associated with taking part?

The research has been approved by the College of Human and Health Sciences Research Ethics Committee. There are no significant risks associated with participation. Our seeds are for growing and not for eating.



Data Protection and Confidentiality

Your data will be processed in accordance with the Data Protection Act 2018 and the General Data Protection Regulation 2016 (GDPR). All information collected about you will be kept strictly confidential. Your data will only be viewed by the researcher/research team. All electronic data will be stored on a password-protected computer files by Swansea University & the National Botanical gardens of Wales. All paper records will be stored in a locked filing cabinet at the Botanical Gardens. Your consent information will be kept separately from your responses to minimise risk in the event of a data breach.

Our project is subject to an independent evaluation. It is being conducted by Miller Research. They would like to interview some of our Growing Together volunteers. Taking part in this extra evaluation for feedback is also not compulsory, but we will invite you to provide feedback on your experience our project.

Please note that the data (questionnaire responses) we will collect for our study will be made anonymous and any questionnaire you fill in for us will be anonymous from the time you fill it in. Thus, it will not be possible to identify and remove your data later, should you decide to withdraw from the study. Please note that if data is being collected online, once the data has been submitted online you will be unable to withdraw your information. Any data collected and analysed from our closed Facebook Group will also be anonymised.

It is a requirement of Swansea University Research Integrity Framework on Research Ethics and Governance that data should be kept for a minimum of ten years.

What will happen to the information I provide?

An analysis of the information will form part of our report at the end of the study and may be presented to interested parties and published in scientific journals and related media. Note that all information presented in any reports or publications will be anonymous and unidentifiable.

Is participation voluntary and what if I wish to later withdraw?

Your participation is entirely voluntary – you do not have to participate if you do not want to. If you decide to participate, but later wish to withdraw from the study, then you are free to withdraw at any time, without giving a reason and without penalty.

Data Protection Privacy Notice

The data controller for this project will be Swansea University. The University Data Protection Officer provides oversight of university activities involving the processing of personal data, and can be contacted at the Vice Chancellors Office.

Your personal data will be processed for the purposes outlined in this information sheet.



Standard ethical procedures will involve you providing your consent to participate in this study by completing the consent form that has been provided to you or by ticking the box provided, if consent is collected with an online survey.

The legal basis that we will rely on to process your personal data is necessary for the performance of a task carried out in the public interest. This public interest justification is approved by the College of Human and Health Sciences Research Ethics Committee, Swansea University.

How long will your information be held?

Data will be preserved and accessible for a minimum of 10 years after completion of the research. Records from studies with major health, clinical, social, environmental or heritage importance, novel intervention, or studies which are on-going or controversial should be retained for at least 20 years after completion of the study. It may be appropriate to keep such study data permanently within the university, a national collection, or as required by the funder's data policy.

What are your rights?

You have a right to access your personal information, to object to the processing of your personal information, to rectify, to erase, to restrict and to port your personal information. Please visit the University Data Protection webpages for further information in relation to your rights. Any requests or objections should be made in writing to the University Data Protection Officer: University Compliance Officer (FOI/DP), Vice-Chancellor's Office, Swansea University, Singleton Park, Swansea, SA2 8PP; Email: dataprotection@swansea.ac.uk.

How to make a complaint

If you are unhappy with the way in which your personal data has been processed you may in the first instance contact the University Data Protection Officer using the contact details above. If you remain dissatisfied then you have the right to apply directly to the Information Commissioner for a decision. The Information Commissioner can be contacted at: Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF; www.ico.org.uk.



What if I have other questions?

If you have further questions about this study, please do not hesitate to contact us:

Kathryn Thomas
Biophilic Wales
National Botanic Garden of Wales
Email - biophilicwales@gardenofwales.org.uk

Supervisor-
Dr Luke Jefferies
Department of Psychology
Swansea University
Email: luke.jefferies@swansea.ac.uk

Hannah Lewis
Department of Psychology
Swansea University
Email: 952625@Swansea.ac.uk

Matt Purnell
Department of Psychology
Swansea University
Email: 969342@Swansea.ac.uk

